



Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1, Autumn 2, Spring 1, Spring 2 Summer 1, Summer 2	<u>Activities taught on rotation:</u> Handball, Football, Netball / Basketball, Badminton, Health & Fitness, Orienteering, Dance, Table Tennis	<u>Activities taught on rotation:</u> Handball, Football, Netball / Basketball, Badminton, Health & Fitness, Orienteering, Dance, Table Tennis	<u>Activities taught on rotation:</u> Handball, Football, Netball / Basketball, Badminton, Health & Fitness, Orienteering, Dance, Table Tennis	<u>Activities taught on rotation:</u> Handball, Football, Netball / Basketball, Badminton, Health & Fitness, NFL Flag Football, Tchoukball, Table Tennis	<u>Activities taught on rotation:</u> Handball, Football, Netball / Basketball, Badminton, Health & Fitness, NFL Flag Football, Tchoukball, Table Tennis
	Athletics, Cricket, Rounders / Softball - Focus on knowledge, understanding and performance of core skills. - Introducing basic tactical ideas. - Knowledge and understanding of essential rules and regulations. - Knowing and understanding how to prepare for exercise. - Knowing and understanding different components of fitness.	Athletics, Cricket, Rounders / Softball - Revisiting core skills to develop consistency and quality. - Adding new skills (including some advanced skills). - Developing knowledge and understanding of tactics, rules and regulations. - Application of skills in conditioned activities (decision making). - Knowing and understanding the effects of exercise on the body.	Athletics, Cricket, Rounders / Softball - Revisiting skills from Years 7 and 8 and introducing more advanced skills. - Applying skills in small group and full context situations. - Using specific tactics/strategies. - Developing self / peer analysis of performance. - Knowing and understanding how to train for different components of fitness.	Athletics, Cricket, Rounders / Softball - Practising core and advanced skills from Key Stage 3 to improve quality and consistency. - Focus on applying skills and tactics in small group and full context competitive situations. - Using self & peer analysis of performance to inform how to improve. - Using guidance and feedback to adapt performance in different situations and roles.	Athletics, Cricket, Rounders / Softball - Practising core and advanced skills to improve quality and consistency. - Focus on applying skills and tactics in small group and full context competitive situations. - Independently adapting performance in different situations and roles. - Students should be self-officiating and taking responsibility for their active participation in exercise as a core element of long-term wellbeing.